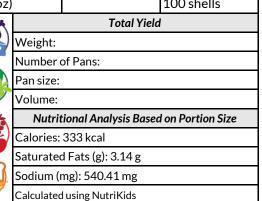
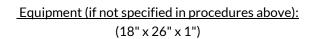
Recipe Name: Bean Tostada	File No:			
Grade Group (s): K-8, 9-12	HACCP Process		Recipe Adapted From:	
Number of Portions: 50	□#1 No Cook			
Portion Size: 2 each	□ #2 Cook & Serve Same Day		USDA ICN Recipe Box	Latia Carala
Serving Utensil:	□ #3 Includes Cooling Step			Let's Cook
Servings Per Pan:				WISCONSIN SCHOOL MEALS ROCK
Ingredients	Weight	Measure	Proced	dure
Beans, Pinto, Canned, Drained, Rinsed		2 - #10 cans	1. Add beans, onions, peppers, and spices	to a large food processor.
USDA #100365			2. On medium speed, slowly add the wate	r into the processor, about 1-2
Onion, Raw, Chopped		1 qt 3½ cups	minutes until mixture has a smooth consi	istancy.
Peppers, Bell, Green, Raw, Diced		3 cups	3. Place pureed bean mixture and tomato	paste in a large stock pot. Cook
Cumin, Ground		2 Tbsp	over medium heat, covered, for 15 minut	es. Stir occasionally.
Chili Powder		1 Tbsp 1½ tsp	CCP: Heat to 165°F for at least 15 second	ds.
Paprika		1½ tsp	4. Remove from the heat and add cilantro	, mix gently.
Onion Powder		1½ tsp	CCP: Hot hold for service at 135°F or high	ner.
Salt		1 tsp	5. For topping: combine the lettuce and to	omatoes, toss lightly.
Garlic Powder		1 Tbsp 1½ tsp	Assemble per serving:	
Pepper,Ground, Black		2 tsp	6. On two parchment paper lined sheet pans, place tostadas in a single layer.	
Water		1 qt	7. Top each with a #16 scoop (¼ cup) of b	ean mixture.
Tomato Paste, No-Salt-Added, Canned		1½ cup	8. Using a #10 scoop (~3/8 cup), divide equ	ıally between two tostadas,
Cilantro, Fresh, Chopped		3½ cups	about 1½ oz of the lettuce tomato mixtu	ıre.
Lettuce, Romaine, Shredded		3 qt 2 cups	9. Using a rounded #30 scoop, divide equa	ally, about 1 Tbsp or ½ oz
Tomato, Fresh, Chopped		3 cups	shredded cheese for each tostada.	
Cheese, Cheddar, Reduced-Fat, Shredded	1 lb 10 oz			
USDA #1000012				
Tostada, Corn, Whole Grain (2 each = 1 oz)		100 shells		

Meal Component Contribution					
Meat/Meat Alternate: 2 oz eq					
Vegetable Subgroups					
DG	RO	BPL			
⅓ cup	⅓ cup	⅓ cup			
S	0	Α			
	⅓ cup	⅓ cup			
Fruit:					
Grains: 1 oz	eq				

Based on USDA Food Buying Guide-RAW





DG - dark green RO - red orange BPL - bean, peas, legumes S - starchy O - other A - additional

